

Bhagat Ravidas – Sabad 22
chit simaran karau nain avilokano sravan baanee sujas poor raakhau ||
Raag Dhanasri, Bhagat Ravidas, Guru Granth Sahib, 694

chit simaran karau nain avilokano sravan baanee sujas poor raakhau ||
manu su madhukar karau charan hiradhe dharau rasan a(n)mirat raam naam
bhaakhau ||1||
meree preet gobi(n)dh siau jin ghaTai ||
mai tau mol mahagee liee jeea saTai ||1|| rahaau ||
saadhasa(n)gat binaa bhaau nahee uopajai bhaav bin bhagat nahee hoi teree ||
kahai ravidhaas ik benatee har siau paj raakhahu raajaa raam meree ||2||2||

Summary: Achieving and experiencing oneness requires the profound courage to relinquish our ego, no matter the challenges, to preserve a deep understanding of unity among all. This surrender entails setting aside personal pride, individual recognition, and the desire for power, recognising that harmony requires prioritising collective well-being over self-centred pursuits. It is through this process of selflessness that we can create and maintain a more unified community.

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The conscience reflects, the eyes perceive, and the ears hear spiritual insights, all of which contribute to profound admiration. This alignment of sensory perception and inner awareness allows us to filter external experiences through clarity, uniting scattered senses into understanding.

manu su madhukar karau charan hiradhe dharau rasan a(n)mirat raam naam
bhaakhau ||1||

Cultivate your mind like a bee, nurturing humility in your heart, and express the sublime essence that reflects omnipresence. This suggests a state of focused absorption in which the mind extracts the sweetness of the present moment. (1)

meree preet gobi(n)dh siau jin ghaTai ||

If my connection with the all-pervading awareness ever weakens, it serves as a reminder to be cautious and to avoid straying from this vital connection.

mai tau mol mahagee liee jeea saTai ||1|| rahaau ||

I will purchase this connection at a high price of exchanging my very self for it. This highlights that the realization of oneness requires surrendering the ego at any cost to maintain unity. (1)(Pause)

saadhasa(n)gat binaa bhaau nahee uopajai bhaav bin bhagat nahee hoi teree ||

Without the company of those who enlighten, motivation does not arise; without righteous thoughts, there is no devotion. This points to a supportive environment that cultivates the wisdom required for transformation.

kahai ravidhaas ik benatee har siau paij raakhahu raajaa raam meree ||2||2||

Ravidas says he has a single request to the all-pervading awareness that it uphold the integrity of his spiritual state. This request embodies reverence for unity and conveys commitment to sustaining it. (2)(2)

Essence: Bhagat Ravidas uses metaphors to encourage us to cultivate an attentive mind. He advises us to develop a focus like a bee, gathering nectar from flowers. This analogy urges us to appreciate the nourishing aspects of each moment. He emphasizes the importance of humility in our hearts, enabling us to connect with our higher essence and recognize the all-encompassing presence that pervades life. This state of deep focus transforms everyday experiences into inner nourishment and fosters an intimate connection with everything we encounter.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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